



Saucy chicken & vegetables

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast
- ☐ 1 tbsp olive oil
- ☐ 200 g baby potatoes thinly sliced
- ☐ 500 ml chicken stock see
- ☐ 200 g savory vegetable mixed sliced (broccoli, peas, broad beans and courgette)
- ☐ 2 tbsp crème fraîche
- ☐ 1 handful tarragon roughly chopped

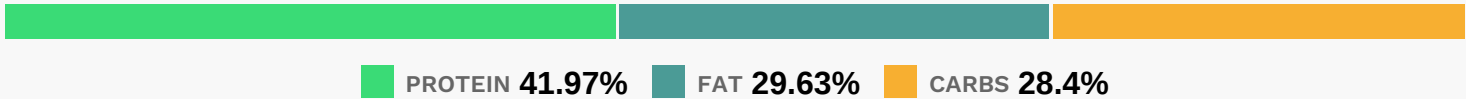
Equipment

☐ frying pan

Directions

- ☐ Fry the chicken in the oil in a wide pan for 5 mins on each side. Throw in the potatoes and stir to coat.
- ☐ Pour over the chicken stock, cover and simmer for 10 mins until the potatoes are almost cooked through.
- ☐ Remove the lid and turn the heat to high. Boil the stock down until it just coats the bottom of the pan. Scatter the vegetables into the pan, cover again and cook the veg for about 3 mins.
- ☐ Stir in the crme frache to make a creamy sauce, season with pepper and salt, if you want, then add the tarragon.
- ☐ Serve straight from the pan.

Nutrition Facts



Properties

Glycemic Index:99.38, Glycemic Load:17.2, Inflammation Score:-10, Nutrition Score:36.690000150515%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 577.05kcal (28.85%), Fat: 18.87g (29.03%), Saturated Fat: 4.41g (27.54%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 34.45g (12.53%), Sugar: 5.2g (5.77%), Cholesterol: 159.33mg (53.11%), Sodium: 681.99mg (29.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.13g (120.25%), Vitamin B3: 29.94mg (149.7%), Selenium: 79.07µg (112.95%), Vitamin B6: 2.26mg (112.77%), Vitamin A: 5251.17IU (105.02%), Phosphorus: 669.76mg (66.98%), Potassium: 1765.66mg (50.45%), Vitamin C: 33.68mg (40.82%), Vitamin B5: 3.72mg (37.2%), Vitamin B2: 0.59mg (34.44%), Magnesium: 118.84mg (29.71%), Vitamin B1: 0.44mg (29.27%), Fiber: 6.24g (24.95%), Manganese: 0.47mg (23.6%), Copper: 0.4mg (20.23%), Iron: 3.31mg (18.38%), Folate: 68.81µg (17.2%), Zinc: 2.46mg (16.43%), Vitamin E: 1.57mg (10.46%), Vitamin B12: 0.48µg (7.95%), Calcium: 73.79mg (7.38%), Vitamin K: 7.25µg (6.91%), Vitamin D: 0.23µg (1.51%)